



*Free
Department of Human
Resources
Lunch & Learn
Calendar of Events
(2014)*

Lunch & Learn Series

Event	Date	Time	Location
Baltimore Bike Ride"	Fri., May 16, 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
"Heart Health"	Wed. May 21, 2014	12:00 - 2:00 pm	The Benton Building 417 E. Fayette St. Lobby
Baltimore Bike Ride"	Fri., May 23, 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
Baltimore Bike Ride"	Fri., May 30, 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
"Zumba"	Wed. June 4, 2014	12:00 - 1:00 pm	Zion Church 400 E. Lexington St.

To register, log onto our wellness registration website:

www.cityofbaltimorewellness.com

and follow the prompts. Once you have created your account, you will be able to schedule the Wellness Events you want to attend. You will also receive a confirmation email reminding you of your scheduled event.

For registration support, email

wellness@baltimorecity.gov;

or contact Lisa Evans

via phone at 410-396-3872

*You bring your lunch
and we'll provide the
speaker*

OPEN TO ALL CITY OF BALTIMORE EMPLOYEES REGARDLESS OF MEDICAL PLAN



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Event	Date	Time	Location
Baltimore Bike Ride"	Fri., June 6, 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
"Get Your Health On"	Wed. June 11, 2014	12:00 - 1:00 p.m.	DHR 201 E. Baltimore St. 5th Floor, Room 5A
"Zumba"	Wed. June 11, 2014	4:45 - 5:45 pm	Health Department 1001 E. Fayette St. Cafeteria
Baltimore Bike Ride"	Fri., June 13 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
"Zumba"	Wed. June 18, 2014	12:00 - 1:00 pm	Zion Church 400 E. Lexington St.

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Event	Date	Time	Location
"Employee Wellness Day"	Thurs. June 19, 2014	11:00 a.m.- 2:00 p.m.	War Memorial Building 101 N. Gay St.
Baltimore Bike Ride"	Fri., June 20 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.
"Zumba"	Wed. June 25, 2014	4:45—5:45 pm	Zion Church 400 E. Lexington St.
"Healthy Aging"	Wed. June 25, 2014	12:00 - 1:00 pm	DHR 201 E. Baltimore St. 5th Floor, Room 5A
Baltimore Bike Ride"	Fri., June 27 2014	12:00 - 1:00 p.m.	War Memorial Plaza 100 N. Holliday St.

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